



Pyramid Hill College

Respect ● Learn ● Community

Pyramid Hill College is a Child Safe School



Newsletter
October 7th, 2022

Diary 2022

October

- 10 Puberty Session, St Pat's Yr 5/6
- 12 House Athletics
- 14 Yr 5/6 Cricket — Boort
- 17 Indonesian Students Ky Fauna Park
- 19 Billy Tea Bush Band
- 20 Diggeribone Incursion
- 21 Elevate Study Skills
- 31 Curriculum Day

November

- 1 Melbourne Cup Day
- 4 Netball Clinics & NCD Bowls

Principal's News

Welcome

Welcome back to Term Four and I hope that you have all enjoyed a relaxing holiday break. Term Four is promising to be very busy and it is wonderful to have life back to our 'new' post covid normal.

LCM Athletics



Congratulations to Harry Goodes and James Correa who represented Pyramid Hill College in events at the Loddon Campaspe Athletics. The event included the best athletes from the following regions and surrounds; Mildura, Echuca, Swan Hill, Bendigo, Castlemaine and Kyneton. In wet and cold conditions both students competed very well against some talented competitors. Well done boys you are outstanding ambassadors for Pyramid Hill College.

Events:

Harry Goodes

- 3rd Place – 15 years Long Jump
- 4th Place – 15 years High Jump

James Correa

- 5th Place – 15 years Shot Put

Puberty/Life Relationships Program

At St Patrick's School on Monday night our Year 5/6 students will be introduced to the world of 'Puberty/Life Relationships'. This presentation will be conducted by Mr John O'Connor who is trained in this program. The night will begin at 6pm with a light dinner and then we will launch into the program which will involve working through those awkward conversations in a fun and supportive environment. This unit of work will then be continued in Health classes under the guidance of our Health teaching staff; Ms Tracy, Mr McCann and Mr Roberts.

Term 4



Music Lesson payments are now due and payable to the office or by direct deposit.

Pyramid Hill College Values

Respect:

We are respectful of self, others and the environment. (we are thoughtful of our words and actions.)

Learn:

We are learners who strive for excellence. (We challenge ourselves to do our best.)

Community:

We are community minded and embrace diversity. (We foster a sense of community and belonging for all.)

Pyramid Hill College

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Mosquito Alert

Currently due to the very wet weather and lots of lush growth we have lots of friendly mosquitos 'buzzing' around. We encourage students to apply mosquito repellent prior to coming to school and they may bring repellent to apply at school. There are many different types of repellents available such as roll on, creams, wrist bands etc. We do ask that aerosol sprays are **not** used or sent to school.

Thunderstorm asthma — be prepared this pollen season

Grass pollen season, which runs from October to December each year, brings an increase in asthma and hay fever symptoms. It also increases the risk of [thunderstorm asthma](#). For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

Pyramid Hill College will implement a range of measures to keep our school community safe when the risk of thunderstorm asthma increases.

Many of our staff are trained in asthma first aid, and we will monitor the VicEmergency app to receive thunderstorm warnings, and, where appropriate, keep students indoors when weather forecasts identify greater level of risk.

How you can prepare

During pollen season, there are some things you can do to prepare and protect yourself and your family:

- * If your child has ever had asthma: talk to your doctor about what you can do to help protect your child from the risk of thunderstorm asthma, including updating your asthma action plan. Taking an asthma preventer properly and regularly is key to preventing asthma, including thunderstorm asthma.
- * If your child has hay fever: see your pharmacist or doctor for a hay fever treatment plan and check if you should have an asthma reliever puffer. These are available from a pharmacy without a prescription.

If your child has hay fever and experiences wheezing and coughing: it is important to make sure they don't also have asthma. Speak to your doctor about an asthma action plan. Where possible, avoid being outside during thunderstorms from October to December, especially during the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it to 'recirculate'.

Protect yourself this pollen season – managing asthma and allergies matters.

Remain vigilant for COVID-19

It is important for students to manage any hay fever or asthma symptoms, as these conditions can produce symptoms such as fever, chills, cough, sore throat, shortness of breath, runny nose, and loss or change to sense of smell or taste, which are similar to COVID-19 symptoms.

If your child experiences these symptoms in different or worse ways to their usual hay fever or asthma symptoms, medical advice should be sought.

Find out more

For more information, visit your general practitioner (GP) or visit the [Better Health Channel](#).

SRC Update

Hollywood! Our disco was a fantastic way to finish the term. We have some talented dancers amongst staff and students. Thank you to our fantastic SRC for their assistance in organising, with special mentions to Jed, Mia and Riley. What a great team we have! Of course a big thanks to Greg and Tim our amazing DJs and our sponsors on the night.



Now moving on to our next event . . . The **PHC 2022 FETE**

The fete will be held on **Thursday 24th November from 3 – 6pm** with the Movie Truck and tea to follow. More information will be released soon.

We are also running a massive Hamper Raffle that we are asking assistance for please. Classes have chosen a theme for their hamper baskets and it would be greatly appreciated if families could donate items for these hampers matching the theme.

Class themes are as follows:

Grades F/1: Death by Chocolate – anything chocolate!

Grades 2/3: Pantry items – fill the basket with any items you might find in your pantry.

Grades 4/5/6: Christmas Fun – help someone get ready for Christmas, bon bons, wrapping paper etc

Years 7/8: Summer Lovin' – everything summer, sunscreen, fake tan, thongs, hats, sunnies etc

Years 9/10: 'T' – anything that starts with 'T', Toblerone, Tim Tams, toilet paper, tea etc

Thank you!

Year F-6 News

Workers of the Week



Bella Lobb: working hard on her handwriting and reading.

Kerenza Archbold: working hard and being happy each day.

Matthew Caspani: a great start to Term 4.

Charlotte Pickles: persisting throughout the week and being positive when given feedback.

Brady Gilmore: showing maturity, detail and explanations in his writing.

Jamison Walters: great effort she has put into her writing.

Hayley Simmons: working really hard this week.

Ruby Mitchell: persisting with equivalent fractions and becoming an expert.

Mrs McKinnon (Year 6): for returning to work so quickly after her accident - we did miss her.



Reading Nights:

Congratulations to these students for their reading efforts.

100 nights - Sasha Lobb

150 nights - Jasper Mutugi, Edie Gould.

200 nights - Lilly Broad, Isabella Kunde.



Hats are now compulsory for all students.

Replacement hats are available at the office for \$12

Welcome Back

Welcome back to our students and staff, especially Mrs McKinnon, who we are glad to see is on the mend. I hope everyone had a great holiday and are ready for all the wonderful things that are planned for this term.

Pie Warmer

The pie warmer will be on for one more week, so at the end of next week (Friday 12th Oct) there will be no more pie warmers. Students may put their lunch boxes in the fridge if they have salads etc., they don't want to get hot in their bag.

Billy Tea Bush Band



The Billy Tea Bush Band will be visiting our school on the Wednesday 19th of October to teach us some bush dances and to also have a concert/dance on this night. We will also offer a BBQ dinner. The cost is \$5 for dinner and entertainment. We encourage you to wear your Aussie bush gear.

Sports & BBQ

The Athletics Sports are now on Wednesday 12th October and the BBQ Lunch will also be on this day. If you haven't put your order in please make sure you do so by Tuesday 11th of October.

Pre-School Transition

The transition for the Foundation students for 2023 will begin with the Pre-school children coming up to the visit the Year F/I room, next Tuesday 11th October. They will participate in activities and have a look around our school. The Foundation students for 2023 will then visit every Monday morning in November. We can't wait to meet them.

School Vision Statement

The Pyramid Hill College community is committed to providing an inclusive, caring and rigorous learning environment that engages our students and challenges them to reach their full potential; academically, socially, emotionally, physically and creatively.

Students are empowered to demonstrate and value knowledge and skills that will support them, as life-long learners, to participate in and contribute to a wider community.

We promote a positive school culture that ensures staff, students and parents feel valued, have meaningful opportunities to contribute to the school and can effectively engage in the learning journey.

Year 7-10 Learning Neighbourhood

Welcome back!

We have a busy and exciting final term ahead of us. We hope everyone had a restful break and enjoyed the two weeks holiday.

LMR Athletics

Congratulations to Harry Goodes and James Correa who represented the College at the Loddon Mallee Region Athletics carnival on Thursday. Harry finished 3rd in the 15 years boys long jump and 4th in the 15 years boys high jump. James finished 5th in the 15 years boys shot put. Well done James and Harry! Thanks to Mr McCann for taking the boys on the day.

Elmore Field days

Both the Hands on Learning and Ag classes headed to the Elmore Field Days on Thursday. It was excellent to see the advancements in technology within tools and machinery and see the variety in sight holders. Thank you to the stall holders for being so generous in giving hats, pens and merchandise to the students. Thank you to Mrs Moon and Helen for coming and to Genevieve for driving the bus.



Roadsmart

The year 10 students will have a Road Smart session on Monday during period 3. This will be complemented by a practical driving session at Chartsec later in the year.

School Athletics

Our athletics have been postponed to Wednesday October 12th, we hope for some clear weather next week!

Lost Property

We are accumulating quite a lot of lost property, especially school jackets and food/drink containers. These are all unnamed so it is impossible to return them to their rightful owners.

Please contact the office if you think they are yours.

**Please make sure every item
is labelled.**

COMMUNITY INFORMATION NIGHT: VAPING



TOPICS INCLUDE:

- How to talk with young people about vaping
- Vaping and health
- Nicotine and addiction



The use of vapes (or e-cigarettes) is on the rise. We know it can be difficult to have conversations about this, so we're inviting you to an information night. Panellists will discuss health impacts, addiction and how to talk to young people about vaping. And they will be happy to take your questions.

When: 5.30pm, Wednesday October 12

Where: Online

Register here: <https://bit.ly/3DU2FWL>

Loddon Valley Junior Tennis



Saturday, 8th October

9.30am - 11.30am

\$50 for the season. This is a great option for kids to learn as they play with kids of similar development in the cooler part of the day. Matches at Calivil and Dingee and possibly Pyramid Hill.

Enquiries to: Michelle Balic 0400 278 570

Tennis Coaching



Tennis coaching will start this Friday 7th October, as long as the weather cooperates! We have Paul Condliffe to help the kids this season.

Cost for the term is \$100 for older kids with 45 min sessions coaching and \$80 for 30 mins for the younger ones. Paul is also happy for kids to come along on a casual basis.

Please contact Alison Farrar 0427551253 for more info and to be kept in the loop



**Inviting all PHC and
St Patrick's family members
to the**

'Billy Tea Bush Band' Evening

Wednesday 19th October

5.30-6.30pm BBQ Dinner

**Followed by Bush Dancing & fun from
6.30-8.00pm**

Cost: \$5 a person (Under 5 free)

BBQ Tea, Salads & Entertainment

Dress in your Aussie Bush Gear

**Please RSVP to Pyramid Hill College by
14/10/2022**

